

CURRICULUM VITÆ

MANU JOSE

Contact No: 8606646901

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Permanent Address

Chennikkara(H)

Udayagiri (po)

Kannur(Dist)

PIN - 670571

Kerala, India.

Personal Data

Date of Birth : 24-06-1990

Gender : Male

Name of Father: Jose

Nationality : Indian

Religion : Christian
(RC/SC)

Marital Status : Single

Languages Known: Malayalam

English

Hindi

CAREER OBJECTIVE

Seeking an environment where my skills and knowledge can be shared and nurtured. Looking ahead for long term association with an Organization where I can grow with the growth of the Organization.

EDUCATIONAL QULIFICATION

| Course | Institution | University |
|------------------------|--|--|
| MSW | LISSAH College Kaithapoyil, Calicut. | Calicut University |
| Bachelor in English | SFS College, Bangalore Karnataka. | Bangalore University |
| Plus Two | St. Aloysius H.S. School | Board of Higher Secondary Examination Kerala |
| SSLC | Govt. Higher Secondary School, Manakadave | Board of Public Examination Kerala |

AREA OF SPECIALIZATION

Medical and Psychiatry

ACADEMIC PROJECT

- ✚ **Research** A study on the problems of aged parents whose children are abroad.

JOB EXPERIENCE

- ✚ Worked as social work trainee at Quilon Social Service Society, Quilon.
- ✚ Worked as social work trainee at Max Minds Rehab Center.
- ✚ Worked as Counselor under Center for Behavior Modification and Research.
- ✚ Worked as social work trainee at Jubilee Mission Medical College Hospital.

EXTRA CURRICULAR ACTIVITIES

- ✚ Participated in De Novo 15, the National Seminar and Social Work students Meet on the theme “Social Work and Health: Inclusive Practice, Research and Education” at De Paul School of Social Work, Angamaly, Trissur.
- ✚ Participated in the one day workshop on EMERGING TRENDS IN HOLISTIC HEALTH CARE: SCOPE OF PSYCHO SOCIAL INTERVENTIONS at, Amala Hospital Trissur, on 7th January 2018.
- ✚ Participated in the continuing social work education program on Professionalism in Social Work organized by the department of psychiatric social work IMHANS

TECHNICAL EXPERTISE

- ✚ Microsoft Word
- ✚ Microsoft Excel
- ✚ Microsoft PowerPoint
- ✚ Internet and E-mail operations

SOFT SKILLS

- ✚ Good communication skills and know a better way to deal the peoples fluently in English, Malayalam and Hindi.
- ✚ Takes up responsibilities by executing it with maximal efficiency.

- ✚ A strong leadership quality
- ✚ A good team worker.
- ✚ Analytical, problem solver and excellent in maintaining interpersonal relationship.
- ✚ Adaptive to new concepts and situations with ease.

PERSONAL STRENGTH

- ✚ Flexible and adapt quickly to new working environments.
- ✚ Work independently and as part of a team.
- ✚ Strong determination to succeed.
- ✚ Good interaction skill
- ✚ Leadership skill
- ✚ A strong-minded personality with sincerity and honesty.

HOBBIES

Listening to Music, Travelling, Dancing, Gardening

DECLARATION

I hereby declare that the foregoing information is correct and complete to the best of my knowledge and belief and that I am in possession of the documents in proof to the claim made in this resume.

Place: Udayagiri, Kannur

Date: 01-12-2018

Manu Jose